



A summary is a shortened and precise text which outlines the main points of a longer text. It should provide a comprehensive version of the significant points made in the original text, thus saving much time for the reader.

Summaries should be clear and self-contained and faithful to both the original message and to the order of information presented.

HOW TO WRITE A SUMMARY

READ



Skim original text

Read introduction in detail, identifying purpose and organisation of original

Skim original text. Read each paragraph for the most important points (often in the first few lines)

Provide referencing details of original

WRITE



Paraphrase (write in your own words and style) the main points, in chronological order

Check your word count and adjust amount of details accordingly, ensuring all significant points are covered

Edit & proofread your work to make it fluent and grammatically correct

EXAMPLE

The first two sections of an article on body image have been included below. Important points to cover are highlighted in bold text. Following the extract is a 200-word summary of the main points made in these sections.

InPsych highlights June 2004

'The man behind the mask: male body image dissatisfaction'

By Steven Gregor, InPsych production editor

Historically, body image has been seen by many to be a female concern; few would have considered these issues as being relevant to males. Certainly, these are very serious issues having affected the psychological wellbeing of many women for a very long time and the reported statistics are alarming. Figures collated by the Eating Disorders Association of South Australia conclude that: **anorexia** is the third most common disease in Australian females aged 15 – 24 years and mortality rates after 20 years are between 15 – 20 per cent; the incidence of **bulimia** within the same age group is five in every 100; at



least two studies have indicated that only about one tenth of bulimia cases are detected; and women who diet frequently (more than five times) are 75 per cent more likely to experience **depression**.

Dennis Kelynack, a Melbourne-based counselling psychologist with experience in treating men's issues, believes men are less likely to present themselves with such concerns. "The presenting problem is seldom one of body image. Men worry about how they present to others; they worry about anything that may bring about a perceived loss (in social standing)", he says.

Helen Fawkner, a PhD psychology student at the University of Melbourne, has been researching body image issues, including those relevant to males. Her research confirms that in **recent years there has been an increase in the number of men seeking treatment for body image dissatisfaction**. "Evidence suggests that more men are experiencing body image dissatisfaction than was previously thought. There is an increasing recognition that men can suffer from these problems."

Traditionally, a male's role in society has been clearly defined; the "ideal" man offered strength through security. Today, this male function is no longer as valid; today, it would seem, **men feel the need to display strength, and indeed masculinity, through physical appearance**. "It used to be that men were defined by their jobs; in a sense that has changed, and it has been argued that their body is one of the few remaining ways in which they can differentiate themselves from women", says Ms Fawkner.

Perhaps inevitably then, the statistics pertaining to men and body image are also concerning. It is believed that **men's body image dissatisfaction has tripled in the previous 25 years**, from 15 per cent to 45 per cent (of all western men). Figures released on www.betterhealth.vic.gov.au reveal: approximately 17 per cent of men are dieting at any given time; **one in 10 people with anorexia are male; four per cent of men purge after eating; three per cent binge eat; and an estimated three per cent of adolescent boys use muscle enhancing drugs** (including steroids) to help achieve the "ideal" body.

Quite simply, recent research has shown that body dissatisfaction is a serious and growing concern for males, and their psychological and physical wellbeing is being adversely affected.

THE WEIGHT OF THE MEDIA

Body image is big business; the men's cosmetic and grooming industry boasted a 37 per cent jump in sales between 1991 and 1996. Also, in 1996, men accounted for 30 per cent of all Australian cosmetic surgery procedures. These evolving cultural trends, arguably the result of the **mass media and skilled global advertising campaigns, have given birth to the new "metrosexual" man – an urban heterosexual man who is image conscious and spends accordingly** – and the pressure to conform to this image appears to be mounting.

Elaine Hosie, a registered psychologist and the Director of Counselling for an organisation working with adolescent males, acknowledges the power of the media. "The media promotes a certain idealised image of what it means to be a male. In regard to the body image debate, the media plays a large role in the idealised notion of what it is to grow from a child, to an adolescent, to an adult male."

Research over the years has shown that body image dissatisfaction among females has concentrated on weight and, more to the point, wanting to lose it. Research into men and body image dissatisfaction shows the same weight preoccupation; however, it would appear that there are as many men wanting to increase their weight (with muscle mass) as those who want to lose it. "We have found that a very large percentage of men, as many as 85 per cent, are dissatisfied in terms of weight; around half want to lose weight and half want to gain weight. They are looking for the "ideal" – **minimal body fat and a large amount of muscle**", says Ms Fawkner.



So, what does the “ideal” man look like? He is muscular, athletic, without body hair, trim to the point of being devoid of fat, his skin is flawless, and comes packaged neatly in a classic “V” shaped 190 cm frame. The danger with this, despite the characteristics describing what would appear to be a healthy man, is that the **“average” male has little or no hope of achieving the “ideal” without deploying extreme measures; excessive gym visits, eating disorders, taking supplements to increase muscle mass, and drug abuse (including steroids)** appear to be on the rise. In fact, Ms Fawkner’s research has discovered that 68 per cent of steroid users contributed their usage to its enhancement of body image and other appearance related issues.

These issues are not new; women and adolescent girls have had to deal with them for many years. What is new, however, is that men and adolescent boys are now under the exact same pressure; **what is most worrying, subsequently, is the possibility that men and boys may be less equipped, or willing, to address such traditionally female concerns.**

REFERENCE

Pope, H, Philips, K & Olivardia, R 2000, *The adonis complex: the secret crisis of male body obsession*, Simon & Schuster (Trade Division).

SUMMARY (196 WORDS)

Gregor, S 2004, ‘The man behind the mask: male body image dissatisfaction’, InPsych, viewed 4 August 2006, <http://www.psychology.org.au/publications/inpsych/12.2_65.asp>.

Dissatisfaction with body image is now recognised as being a concern for both males and females. Anorexia, bulimia and depression linked to dieting have traditionally been linked to females, but recent research indicates that there has been a triple fold increase in the number of men presenting with body image dissatisfaction in the last 25 years. One explanation given for this is that with the changing roles of women and men in society, body shape is one way in which men can still show their strength and masculinity. Men are beginning to suffer from anorexia, bulimia and binge eating, and 3% of adolescent boys are believed to use muscle enhancing drugs.

The media plays an important role in creating images of the ‘ideal man’ and global advertising campaigns have promoted the new ‘metrosexual’ man who is image conscious and spends money accordingly. Most males want minimal body fat and a large amount of muscle. The average man cannot achieve this without gym visits, eating disorders, supplements and perhaps steroid abuse. While women have dealt with similarly unachievable (for most) portrayals of the ‘ideal woman’, men may be less able, or perhaps less willing, to deal with them.

NOTE: If a longer summary is required, add more detail to significant points evenly across the text, checking that you stay within your required word length.